

## Portion sizes – what do they mean by balanced nutrition

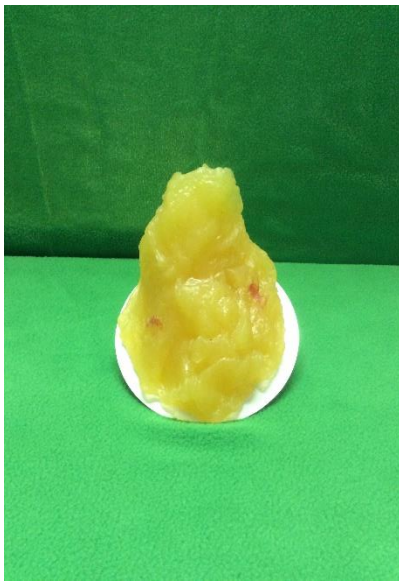
What size plate do you use when you sit down to eat a meal? 12-inch or 9-inch?

At Home – In a Restaurant – All you can Eat (Home Town Buffet – Souplantation)



Should portion size be how much food I put on the plate or is it determined by a certain amount of calories? (Both) All we really need is a 9-inch plate with proper portions of foods.

Remember, each pound of fat has 3500 calories of energy that it can provide for fueling the energy needs of the body. You just have to access it.



If you are carrying around an extra 10 pounds, you have 35,000 additional calories available, just waiting to be used. It's as if you are carrying around 17 ½ 2000-calorie meals / fuelings in your body.

It's also important to remember the amount of calories in 1 gram of fat (9), alcohol (7), carbohydrates (4), and protein (4).

If you stack your plate with fatty foods, you are setting yourself up to gain weight.

Simple sugars, white bread, cake, cookies, and potatoes are all high on the Glycemic Index. As such, they will spike the blood sugar, which spikes the insulin, which leads to fat storage.

For soups, shift from a 16-ounce cup to an 8-ounce cup. If you are fueling every 2 ½ to 3 hours, you won't need any more than that.



Not only do we want to control the portion size, we also want to determine the proper ratio of Carbohydrates, Protein, Fats, and Fiber for our diet.

If we are eating every 2 ½ hours, we would need 6 fuelings per day. Five of those fuelings should be around the 100-calorie mark—16 grams of carbs, 13 grams of protein, minimal amount of fat. Keep the fat under 1 gram if possible.

We then suggest adding in one lean and green meal—4 to 6 ounces of lean protein and a healthy portion of green veggies. (400 to 600 calories)

*Together (with Proper Portion Control) i Can*

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